



PINNACLE TRAVEL

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五洲旅行社

* 8 Days 7 Nights Luang Prabang, Nong Khiaw, Ban Phayong, Muang Ngoi, Muang Soune + Nam Ou Tour * (Reed Package)

Day 4: Nong Khiaw – Ban Phayong (Breakfast, Lunch)

Mekong River and Trekking Experience



Board a **local long boat** and head upstream through some fantastic landscape before making the first stop of the day at a **small riverside village**. Spend some time to explore and if it is a weekday, pay the local school a visit to see the charming children as they take part in their classes. Continue to **Tad Mork** which is located close to the ethnic Khmu village of Ban Sop Kong, an hour trek from the river. Have a **swim and enjoy a picnic lunch at the waterfall**. After that, start your 2.5- to 3-hour **trek through the jungle to Ban Phayong**, the village of the H'Mong people. Upon arrival at the village where you will spend the night at a **homestay**, stroll around the town to get familiar with the locals before having dinner with the host family.

Day 5: Ban Phayong – Muang Ngoi (Breakfast, Lunch)

Nam Ou River and Trekking Experience

Help the host prepare breakfast or watch the sun rise over the mountains, before you take a **3-hour trek** downhill via the **paddy and corn fields** to the bank of **Nam Ou river**. Take a cruise upstream to **Muang Ngoi**, a fishing village in the middle of nowhere. In the afternoon, trek to the village of **Ban Na**, a Khmu village, and the **cave of Tham Kaang**, which is said to have supernatural powers. Walk back to Muang Ngoi while the sun is setting, and if time permits, swim in the Nam Ou river, just like the locals.

Day 6: Muang Ngoi – Muang Soune (Breakfast, Lunch)

Muang Soune Cultural Experience

After breakfast, take a boat back to Nong Khiaw to meet the local guide. Buy fresh food from the nearby market before continuing to **Muang Soune**, which is located 65km from Nong Khiaw by the bank of Nam Ou river. Arriving at the village, you will be welcomed by the host family. Observe the life of local people before learning more about the village from the **village chief at his house** and having **lunch at the house of the host family**. In the afternoon, you can choose to either relax or enjoy **agricultural activities** such as rice planting and harvesting in surrounding rice fields (depending on the season); traditional fishing techniques (you can sample your catch for dinner); walk around the farm and rice field. You may wish to have a dip in the inviting Nam Ou river, or join and help the host with preparing the dinner which you can learn more about Lao cuisine. Before dinner, join a **private Baci ceremony**, held by the elders of the village. The Baci ceremony is a traditional ritual of the Lao people which expresses the spirituality of the country and is a highly memorable experience and a deep insight into Lao culture. During dinner, folk tales will be told by the host family and translated by your guide.



Day 7: Muang Soune – Nam Ou (Breakfast, Lunch)

Nam Ou Relaxing Experience

Rise early to admire the beautiful sunrise over the Nam Ou river and the nearby mountains. After breakfast, learn **traditional fishing techniques** by the stunning Nam Ou river, and take a **boat trip** to explore the surrounding areas. Arrive at the village at 11:00 to return to Luang Prabang. Make a stop at **Ban Vanglae**, home to the lovely **Nam Ou Riverside Resort**, where you can spend the rest of the day to relax by the inviting pool or walk around the nearby village before resting for the night.

Day 8: Nam Ou – Departure from Luang Prabang (Breakfast)

Free and Easy

Return to Luang Prabang. Free till departure transfer to Luang Prabang airport for homebound flight.

Tour Code: PLA-AD-NE8BII

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